

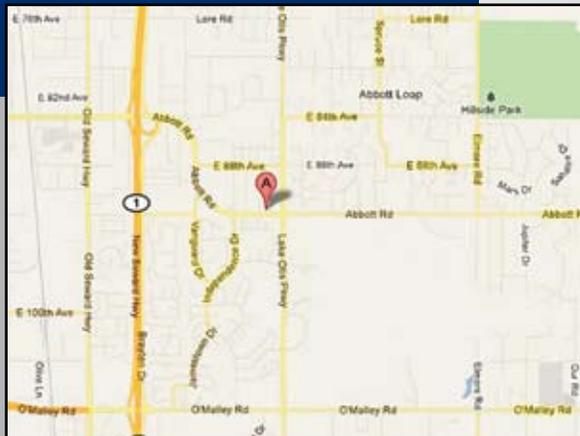
OUR SERVICES

- ☞ Complimentary Breakfast/Juice/Coffee for patients in the morning
- ☞ Quick turn around time on patient reports
- ☞ Provide Patient Questionnaires to use as a tool to screen patients for sleep disorders.
- ☞ Communication and education for clients and patients about company procedures in order to increase patient compliance of CPAP use.
- ☞ Referring patients to the appropriate DME company, if eligible and will handle DME portion of the process for patients clients to remove the process from the MD staff
- ☞ Follow up with patient CPAP set-up
- ☞ Contact patients for CPAP compliance for optimal CPAP treatment

TYPE OF STUDIES

- ☞ NPSG (Diagnostic testing to screen for OSA)
- ☞ NCPAP (CPAP tested to treat OSA)
- ☞ NMSLT (Daytime test to screen for Narcolepsy)
- ☞ Daytime studies are available for patients who do shift work

OUR LOCATION



Located near the intersection of Lake Otis Parkway and Abbott Road.

Business Hours:

Office: 9 am to - 5 pm (Monday - Friday)

Testing: 7 pm - 7 am (Monday - Friday)



ALASKA'S RIGHT 2 SLEEP

9138 Arlon St. Suite A1
Anchorage, Alaska 99515

Phone (907) 646-1038

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Email admin@right2sleep.net

ALASKA'S RIGHT 2 SLEEP

Improving the most important hours of your life



Our mission is to decrease the risk of medical and psychological complications associated with sleep disorders and to improve your quality of life.

Phone (855) 822-6663 / (907) 646-1038





Sleep Disorders

Obstructive Sleep Apnea

The most common sleep disorder, obstructive sleep apnea is characterized by a disruption in the air flow of the nose and mouth, which initiates periodic episodes of non-breathing during sleep. Usually accompanied by snoring, this disorder causes the sleeper to repeatedly wake up and go back to sleep again. Since obstructive sleep apnea diminishes sleep time, the sleeper awakens with a weariness that greatly influences their actions throughout the day.

Insomnia

Insomnia is the inability to fall asleep or maintain sleep for a

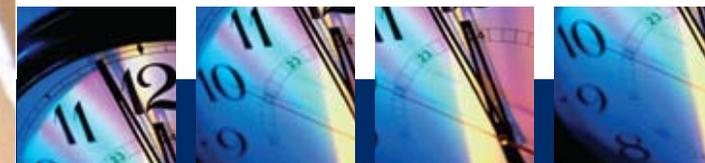
reasonable amount of time. This disorder is not defined by the amount of sleep one attains nor how quickly they fall asleep, but by the quality of sleep achieved.

Narcolepsy

A chronic neurological disorder, narcolepsy impairs the process of regulating sleep patterns in central nervous system, therefore disrupting the ability for a person to stay awake or fall asleep. It is the second leading cause of excessive daytime sleepiness after obstructive sleep apnea, and evidence suggests that the condition is genetic.

Restless Legs Syndrome

Restless Legs Syndrome causes discomfort in the legs. To relieve this discomfort, those who suffer RLS are constantly faced with the uncontrollable urge to move their legs throughout the night, and have frequent trouble maintaining sleep.



FREQUENTLY ASKED QUESTIONS

What Is A Sleep Study?

A **polysomnogram** is a recording used to identify different sleep stages and classify various sleep problems.

Setup can take 30-45 minutes to get everything connected properly. The activities that occur during sleep (brain waves, muscle movements, eye movements, EKG, leg movements) are monitored by applying small metal discs, called electrodes, to the head and chest. The electrodes are attached with an adhesive. Flexible elastic belts around the chest and abdomen measure your breathing efforts. To measure airflow, a device is placed under your nose to pick up nasal/oral airflow. The level of oxygen in your blood and your heart rate are monitored by a clip that fits on your index finger.

How To Prepare For Your Stay?

- ☞ No caffeine after 12 noon on the day of your study
- ☞ Have dinner by 6:00 pm
- ☞ Pack as you would for an overnight stay at a hotel
- ☞ Do not discontinue any prescription medications without first talking to your doctor
- ☞ If you have special needs, please advise our staff prior to your night's stay

